

BALCON SQUARE

Published by the Scarborough College Students' Council
Editor: Jerry Amernic

TUESDAY, JANUARY 21, 1975

Scarborough Fair Thanks Its Contributors All Seventy-Nine of Them . . .

1. Michael Aaron
2. Philip Abramson
3. Michael Abshoff
4. George Akula
5. Jim Allen
6. Jerry Amernic
7. Kathy Babyn
8. Jars Balan
9. Karen A. Banner
10. Sandra Baxter
11. June Bergeson
12. James Allen Bimbus
13. Jes Bresser
14. Jean Bubba
15. Kris Burton
16. Penny Caldwell
17. W.F. Callaghan
18. Eric Chandler
19. Chushingura
20. Frank Cohn

21. Peter Cooney
22. Terence Lloyd Cottrell
23. Merridy Cox
24. Donald Crowe
25. Mrs. T. Dennison-Broad
26. S. Dillabough
27. Donna Dunlop
28. Karen Dunlop
29. Susan Ellins
30. Marilyn Emery
31. John Anthony Francis de Faveri
32. Jesse Gagliano
33. Bob Gardner
34. P.H. Hans
35. Marilyn Heeren
36. W.S. Henderson
37. Mary Ann Heywood
38. Jim T. Hill
39. K. Hines
40. Patrick Hofbauer

41. Mike Hotrum
42. Leonora Husveti
43. Peter Hynes
44. Pat Job
45. Carolyn Johnson
46. Kim Jordan
47. Joan Kehoe
48. Life
49. Joe MacDonald
50. Penny J. McCoubrey
51. Jill McWhinnie
52. Bruce Mabley
53. Jay Madsen
54. Mary-Ann Dale
55. Margaret E. Mawson
56. Mary & George
57. Maureen Mitchie Debbie Reynolds
58. Carol-Ann Miller
59. O.E. Pascoe
60. Persephone

61. Constantin V. Ponomareff
62. Deborah Reed
63. Jeff Rogers
64. Christopher Rothschild
65. Linda Rowe
66. J.A.S. Sandor
67. Charley Smith
68. Gisele Soulodre
69. John R. Stuart
70. Michael Tait
71. Beverley Tate
72. Charles Thomas
73. Michael Walker
74. Terry Watada
75. Linda Woolger
76. Reginald Zeller
77. Anonymous
78. Anonymous
79. Anonymous

& Its Patrons

Thank-you for your contributions!

Patrons:

1. Scarborough College Cultural Affairs Committee
2. Scarborough College Students' Council
3. The Varsity Fund
4. Commercial Caterers Limited
5. Scarborough College Bookstore

Thank-you for your generous contributions!

Staff:

1. Peter Hynes — Advertising and Promotion
2. Kim Jordan — Editorial Consultant

& Its Staff

3. Sandy Heydon — Distribution Control
4. Penny Caldwell — General
5. Marge Kimmerley — Typing
6. Karen Lytle — General
7. Rod Watson — General
8. Don Allen — Consultant
9. M. Bradshaw — Consultant
10. Dr. Campbell — Consultant
11. Paul Carson — Consultant
12. Charlotte Caton — Consultant
13. Beverley Corben — Consultant
14. Gary Heighington — Consultant
15. John M.R. Margeson — Consultant
16. John O'Donohue — Consultant
17. Michael Tait — Consultant

From S. F.'s Editor

By Bob Gardner

We would like to apologize for any names that may be missing from the above lists. With so many enthusiastic people assisting us with the publication it is sometimes difficult to keep track of everyone. Any contributors who submitted material after Friday, December 6, 1974, will not find their names here.

Scarborough Fair would also like to apologize for any discomfort caused by the excessiveness of our advertising. It takes a great deal to shatter the walls of apathy and, thanks to the genius of Peter Hynes, we did bring them down. There were a lot of posters and we are sorry if we offended anyone.

So what happens now?

During the Christmas holidays the material was read by interested students and faculty who gave the editor their opinions. The editor then read and selected the material which was to be compiled, typed and taken to the printers. Sometime thereafter, probably in late March or early April, the books will arrive at the college. They will then be shoved into envelopes by eager little hands and mailed. Each published author will receive three copies of Scarborough Fair.

Our financial records are open to inspection by any group or person at any time. Please address all inquiries to the editor, Scarborough Fair, c/o SCSC, Room S-302B.

By the way, the cost of this year's publication is \$6,941.00.

OUR STUDENT COUNCIL IS BACK ON ITS FEET

The turmoil which plagued the Scarborough College Students Council at the end of last term has now subsided, says SCSC president John O'Donohue.

"I think it has settled down," he said.

At the meeting of Wednesday, January 8 there was little of the arguing and trouble which were becoming increasingly more common at Students Council meetings.



John O'Donohue
He must make everybody happy.

"I think the problem on council is that you have a few people who plan to be

professional politicians and then you have others who are sincere students," said O'Donohue.

"There is a group of students who get taken advantage of by a group of troublemakers who don't do anything but argue."

O'Donohue said the "troublemakers" are in the minority.

"The vast majority of people on the Scarborough College Students Council are very responsible," he said.

"I think it shows on the record. It's been a very successful year. We've done more than any other Scarborough council has."

One of the firsts which O'Donohue and his council can claim is being the first council to have a fall term course evaluation published. At the last meeting it was learned that 1,500 copies of a course evaluation of half-term courses is ready and waiting for the students in the Students Council office.

"This is the first year we've been able to publish this course evaluation," O'Donohue said.

O'Donohue added that the course evaluation has raised a

few matters in the eyes of the council.

Among them are not enough quiet study areas in the college, too few books available in the library and a desired change in the library's lending period.

"We are going to have an end to term-long loans," O'Donohue said. "It is going to be two weeks for library books."



Gary Heighington
He resigned, then changed his mind.

However, the new ruling on lending isn't expected to be passed for at least three weeks. O'Donohue said the two-week period will be in effect by Reading Week.

Family Planning Clinic

The Health Service is having a phone 284-3253.

Family Planning Clinic each Wednesday from 11 a.m. to 1 p.m. at which time birth control prescriptions will be given. Pregnancy tests will be done free of charge.

The Health Service is located on the 3rd level, Room S304,

Physicians available: Dr. T.W. Fox and Dr. A.M. Breuls (appointments not necessary)

Psychiatrists available: Dr. T. Statten and Dr. M. Bluestein (by appointment only — Call 284-3253 or 284-3303).

As for quiet study areas he said something is being done about that as well.

"In the evaluation students said they wanted the third floor S-wing study area to be improved and made more quiet," he said. "I suggested this be done in the fall."

O'Donohue said he would like to see industrial carpeting along the floor and "some acoustic dividers" around the desks. He said students have indicated they want something done about it.

The last Students Council meeting also saw the

resignation of Jean Carson, the pub manager. A motion was made by Gary Heighington that she be dismissed but this was defeated. Mrs. Carson resigned after the meeting.

Communications Commissioner Bill Deneault asked O'Donohue about future pub operations and it was decided that Glen Toombs, who has been running the printing shop in the college, would handle the pub at least for the time being.

The next meeting of the Students Council is scheduled for Thursday, January 23, at 7.00 p.m. in the Council Chamber. Students are free to attend.

EDITORIAL PAGE

THE EDITOR'S VIEW

Do you realize in nine years it will be 1984?
NINETEEN-EIGHTY-FOUR!

Think of it. We're just nine years away. If Orwell's fantasy, and I hesitate to call it fantasy, ever comes true we'll be watched by large glass-covered electronic eyes wherever we go, whatever we do. Everything we say will be bugged. Governments the world over will wage what they will call justifiable wars with God on their side and there will be corruption in high political offices.

How thankful I am that none of these things have hit us just yet. I much prefer to think we're safe and sound behind such solid world leaders as Richard Nixon, I mean Gerald Ford, Pierre Trudeau, and last, but not least, Bill (Go Spadina) Davis.

I look around and what do I see? More buildings, (each one a foot taller than its predecessor) and less trees. I see unleaded gasoline, an expansion team winning the Stanley Cup and King Faisal of Saudi Arabia declared Man of the Year by the New York Times because he chose not to screw up half the world by raising his oil prices to ridiculous levels as all his cronies out there in the desert have.

Isn't that awful? What has the world come to when a man is picked as the best of his kind because he HASN'T done something rotten?

It's definitely a difficult time to be out on the streets and it's maybe even more difficult to be in the confines of an educational institution. Students know, that when their time comes, things will be even worse.

So what are students doing? They're in school for one of three reasons. Either they're studying to be something (i.e. doctor, lawyer, businessman), they're here because they feel there's nowhere else to go, or they're here (and this I believe to be the smallest group) because they really enjoy it.

If you go by the papers every day you'll see yourself how mankind is slowly but surely slipping into economic oblivion. The planet's bank account has descended to a state of emergency levels.

Ask any economist.

One will say the increased price of natural resources has caused our present dilemma. Another will tell you it's because of too many welfare states which are blowing far too much money on unnecessary affairs. Yet another might say that inflation is due to human greed, short and simple — no matter what you've got you want to have more.

One thing I know for sure. It's largely because our so-called experts, such as economists, can't get together on anything that we're sinking into the mire.

I recently read a book called "How to Survive the Money Crash." In it the author explains how the only way out, the only thing left for us to do to avoid the anarchy which is about to plague our streets, is go out, buy a farm and grow our own crops. Sure enough, I grabbed the real estate pages and started milling through all the land for sale up north until I found the place I wanted. It's just a few miles off Georgian Bay in absolutely beautiful country.

The water is clean. The air is fresh. The land is fertile.

But I can't afford it.

So what have I done but come full circle? Back to where I started from.

No money. No farm.

Which brings me back to Balcony Square and Scarborough College. Since the nicest area in Scarborough, and possibly Metropolitan Toronto, is around Highland Creek (that's the little stream in the valley) I have decided to continue with my job.

Upon returning I see students petitioning to get a third floor Rec wing declared a multi-purpose lounge, a new course in "Oral Production," (whatever that is) and the kind old gentlemen who have been collecting 30 cents a day from each of us for parking unemployed. (They are no longer with us, having gone on to greener pastures).

Some things have changed and some things haven't. One thing which hasn't is the toxic and contagious disease of non-interest which clings to the minds of Scarborough College populace. It's the old theme of "What do you want to do? . . . I don't know what do you want to do? . . ."

No purpose in life whatsoever. In checking out the college enthusiasm chart I find that it still has not gone over the basic initial starting unit of 1.

Ah, well, what the hell, 'tis a poem we all know very well.

However, don't be alarmed. Let it be heard throughout the land that your editor refuses to end on a note of sour bitterness. I choose, instead, to end on a note of optimism. I say to all of you who don't give a damn about what you are doing — go to the Students Council office (let me finish), see Don Allen, the vice-president. He's got short hair, a kind face and strong but gentle arms. He's the most enthusiastic person I've ever seen at Scarborough College.

Allen is unique in that he is enthusiastic about almost anything. ANYTHING! That may sound crazy but what a difference from the run-of-the-mill student who is nothing but a piece of margarine melting in the frying pan.

Don Allen is the man. If you feel rundown, with iron-poor blood, too many essays to write and too many subjects to cram for, please go and see him. He'll brighten up your day. He'll tell you about the really nice things in life. He'll tell you it's not so bad.

I would, but I'm too goddamn depressed trying to get more of a staff together. The more people I speak to the less interest and the more excuses I find.

And then I get a call from Allen asking me to be sure to mention that graduate students have only until this Friday to get grad photos taken. Appointments must be made in the SCSC office right away.

We all need a dose of Don Allen. I think I'll go see him too.

Jerry Amernic, editor.

Letters to the Editor

\$ Cutbacks Lead to Disaster

Dear editor,

At an emergency meeting of the Ontario Federation of Students on 16 December Student Presidents from twenty-five community colleges and universities discussed the implications of the recent announcement of the government's financial cutbacks on their institutions. These implications include the possible closing down of both Lakehead and Laurentian Universities, overcrowding of classrooms, nonreplacement of obsolescent equipment, the phasing out of courses due to lack of facilities and faculty, elimination of experimental programmes, underpaid staff, increased student/faculty ratios; all leading to a general decline in the quality of post-secondary education.

The possibility of a common front was discussed at the meeting. It would hopefully involve all constituencies within post-secondary education (including the administration, faculty, staff and students) in a campaign against the policies of the Davis government. Representatives from community colleges pointed out that their administrations are much more closely related to the provincial government than their university counterparts. Others expressed concern over the apparent support for tuition increases being given by the Council of Ontario Universities. The difficulties in forming such a joint effort were thus noted as well as the importance of building as broad an opposition to government policies as possible. It was agreed that efforts should be made immediately (the week of January 6) to explore the common concerns of the various interest groups within the institutions. Further it was agreed that student governments should, at the same time, feel out these group's attitudes towards a possible common front.

The meeting decided on several positive steps to counter the Davis government's attack on post-secondary education, among them:

(1) To send letters signed by the representatives present at the meeting to Premier Davis

protesting the financial cutbacks (copies would go to the opposition parties)

(2) To release a statement to the press on the ramifications of the crisis to post-secondary education.

(3) To approach the support staff, faculty, and administration on each campus to explore the possibility of joint action.

(4) To plan to hold a province-wide meeting of representatives of the constituencies inside

colleges and universities as can attend — the meeting will help prepare students for the major meeting in February.

(7) To collect the various submissions made to the Ontario Council on University Affairs and the Council of Regents.

(8) To gather from each college and university student government specific information regarding the impact of the announced support levels on:

(i) faculty/student ratios, —



Davis' government has attacked post-secondary education, says Ben McDonald at the OFS.

colleges and universities, that is; faculty, staff, administration and students, for a date in early February.

(5) To approach labour and community organizations at a local and at a provincial level to try to build public support for post-secondary education.

(6) To hold a province-wide student workshop on the financial crisis involving representatives of as many

class size increases, staffing freezes nonreplacement of faculty or support staff, non-renewal of short term contracts, etc.

(ii) supplies and equipment — restrictions on paper, chemicals, cadavers, light bulbs, etc., etc., etc.,

(iii) capital freeze in physical plant — any freezing of building programmes detrimental to the existence or development of

(See "Cutbacks" on page 3)

Says Pub Manager was on Trial

The Scarborough College Students' Council met on January 8, 1975 for the specific purpose of making Jean Bubba their scapegoat for the financial problems of the student pub. The pub has not been a financial success, and Students' Council Part-time Vice-President Gary Heighington places the responsibility directly upon manager Jean Bubba. Heighington presented to council some information that most members didn't fully understand because they did not have time to examine the material before the meeting. Heighington then moved that the manager should be dismissed on the basis of mismanagement. Heighington blamed Bubba for overstaffing the pub, not submitting financial for

October, and causing overdrafts on the pub bank account. Heighington also presented a list of liabilities assessed to the pub as further evidence of mismanagement.

Heighington's actions were

totally unwarranted, and appears motivated by a personality conflict between Bubba and himself. One need only look at the situation in greater detail to see that it was

(See "Trial" on page 7)

SCSC Still Split

Everyone will recall the troubles the Scarborough College Student Council has had so far this school year. After last week's council meeting, the first for 1975, it would appear that Council is still split. Several clubs and organizations have overspent their allocated funds, and as a result the activities around the College this term will be somewhat limited. Instead of sitting around and plotting

against other Council members and using Council to further personal gain, I can only hope that Council members might recall that they were elected to represent the students and to help them. I certainly intend to continue to.

GREG A. FITZ,
Students Administrative
Council representative

STUDENT WRITES A SONG ABOUT RESIDENCE LIFE

Imagine six girls, five in first year and one in second, all living in the same house in residence and being so happy they sing about it.

That's precisely what happens in A8.

One of the girls, Marion Miles, figured she got along with her new mates very well, and she wrote a song telling why.

(It's a Scarborough College first, where enthusiasm has won out over apathy.)

Marion said the girls didn't know each other at the beginning of the year. Is this the reason for their success at living together?

"As a group I think we're a pretty friendly bunch," she said.

"Sure, we have a lot of petty arguments around here, but you've got to expect that. This happens at home too. If your mother gets up on the wrong side of the bed, say, you can be in for a rough time. But we don't have any out-and-out wars here."

Marion, who is from England, said she used to date a boy who played in a band and she soon got into playing her guitar and

singing in pubs. She started writing music too.

"I wrote the song because I like to write music and because we get along so well," she said.

The girls all like the song. Once in a while Marion pulls out her guitar and leads her five housemates in singing it. Marion adds that they sing other songs as well.

"In the song there's a verse for every girl (in the house) and a verse for a couple of boyfriends who are here regularly," she said.

"I'm not mentioned in the song."

Marion said there was no official name for the tune but she said it could be called "Dedicated to A8."

The other girls in A8 are Frances Ollmann, Pat King, Pam Phipps, Monika Piechocki and Marie Malone.

The height of residence living can be seen when the six girls, all clad in their house T-shirts, sit around the living room and sing their song.

"We love each other, We love each other," they chant.

And they really do.

A house,
Shared by six people.
We get along okay.
Sure we have our arguments;
But, what people don't today?

CHORUS:
And we love each other.
Love each other.
Living here together
Happiness rules.

There's Frances;
She's one to follow.
She walks a straight path.
Knows just where she'd like to go,
I wish her the best.

CHORUS

There's Pat;
She's always happy
Doing what she likes to do.
We don't see her too often;
But, be sure that she's happy.

CHORUS

Then there's Marie;
She's quiet.
Never know just who she is.
Surprising sometimes;
But, in a nice way.

CHORUS

Then Pam;
She's madame sleepy head.
Think thin she's always saying
As she fills her face with
Lasagna, spaghetti, chocolate cake...

CHORUS

There's Monika (with a "K");
She's our model.
Never took it to her head.
In need of a smile?
She'll flash one your way.

CHORUS

Then there's John:
He's a permanent fixture,
Pamela's number one man.
He's always there when there's a need
For a reassuring hand.

CHORUS

Then there's Fred, or Ken or
...whatever his name is.
A grin, a smile, a laugh.
Brings joy wherever he goes;
And with Frances he's hysterical.

CHORUS

Then there's Tom:
He's Mr. Fashion.
Don't touch those blue suede shoes!
He keeps us all up all night long;
leaves bleary eyed at two.

Cutbacks hurt university

(from page 2)

educational programmes — i.e. no shops for technology courses or not enough lab facilities for biology students.

(iv) programme cuts — restricting or cutting experimental or innovative programmes.

(v) research — any impact the situation will have on the quantity or quality of research.

(vi) faculty salaries — information on demands, offers or settlements.

(vii) libraries — impact on number of books, staff, operating hours, etc.

(viii) student services — impact on health or counselling services, on deans offices or other similar operations.

Most of this information can be achieved through the administration budget, the faculty and staff associations and the local unions. If we are to be prepared we must have this information.

For this operation to be successful momentum must be built at each campus. Other groups, when well organized (teachers, hospital workers, etc.), have been able to gain concessions from the provincial government. An election is approaching. Keep in touch about how things are progressing at your campus.

Membership of the present steering committee includes:

Barb Cameron, GSU at University of Toronto (chairperson of OFS/FEO Executive)

Frank McIntyre, GSU at University of Toronto

Bruce McMillan, University of Guelph

Doug Bain, Lambton C.A.A.T.

Shane Roberts, University of Waterloo (member of OFS/FEO Executive)

Andrew Telegdi, University of Waterloo

John Young, Fanshawe C.A.A.T. (member of OFS/FEO Executive)

Phil Turvey, Wilfrid Laurier University

members of OFS/FEO staff.

Membership in the steering committee is completely voluntary. Therefore if this important area of student politics interests any person at your campus enough to participate in a co-ordinating role please inform us.

Any communications can go through the OFS FEO office. Please return the requested information as soon as possible.

Ben McDonald,
for the steering committee,
Ontario Federation of Students.

Changes in Parking

Due to the heavy usage of the parking lot by members of the College, a situation has arisen such that the present reserved parking lots east of the recreation building cannot handle the demands of those having yearly reserved tickets, prepaid monthly books of tickets and daily cash tickets. Added to this is the traffic problem of an extended back-up on Military Trail caused by the parking attendant stopping cars to collect daily fares.

The college has now attempted to relieve this

situation partially by discontinuing the accommodation of daily ticket purchasers and reserving the east parking area for yearly ticket holders, (approximately 600) and prepaid monthly books of tickets (approximately 100). Realizing that an additional demand will be placed on the usage of the free lots on Military Trail the College has constructed an additional free lot west of the existing lots which will accommodate approximately 70 cars.

The daily 30c parking charge has now been discontinued.

Housman

"Shoulder the sky my lad, and drink your ale".

(Last Poems)

Shakespeare

"For a quart of ale is a dish for a king".

(The Winter's Tale)

Borrow

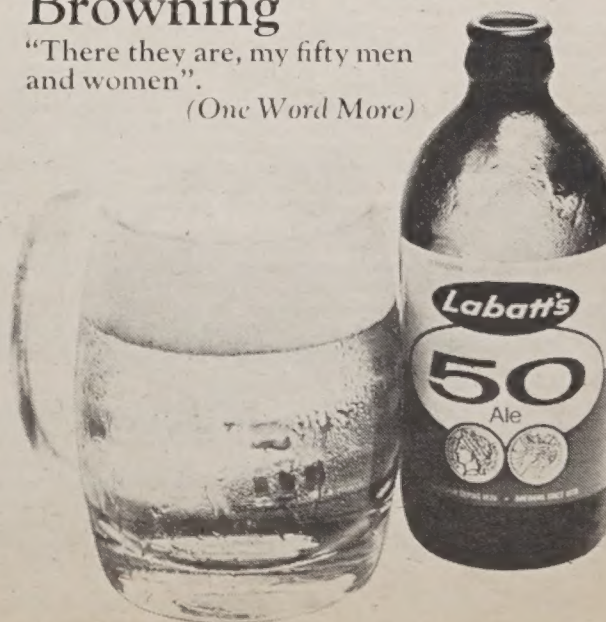
"Good ale, the true and proper drink..."

(Lavengro)

Browning

"There they are, my fifty men and women".

(One Word More)



poetic justice

WHY SCARBOROUGH'S CLOSED CIRCUIT TELEVISION FAILED

By Beverley Tate

Why so many closed circuit televisions? Why so much idle audio-visual aid equipment? Professor John Lee of our sociology department outlines the innovative project started in 1964 but now obsolete at our College.

We are consequently left with a large amount of equipment, T.V. Studios, and stored tapes. 'Test Pattern', a book by Lee explains how Scarborough College was chosen as the 'guinea pig' of a fully televised teaching schemata. In order to reap the benefits of a University education for the maximum number of students at the minimum cost it was felt that television would be a splendid method. Lectures, labs and special programs could be videotaped then played over for several successive years to several classes simultaneously. The conflicts which arose are all explored in 'Test Pattern'. The supposed saving was not as great as they estimated. There was an initial two million dollars invested in the program.

'Test Pattern', published in 1971, gives most of the facts and figures concerning the project along with some sociological views to consider. Some of the authors' opinions are given in the book: "In this author's opinion television and its associated technology still offer the college its best opportunity for a valuable and unique contribution to the academic life in Canada".

Would you enjoy sitting in front of a screen for about 50 minutes while the 'face' gives lectures or labs from which you could aptly take notes? Or on the other hand, would you not enjoy the benefits we could gain from the equipment available but presently stagnant? For instance, how about a term course on the use and applications of the equipment available? A greater use of audio-visual aid to supplement

courses? Why not use what we have available? Professor Lee gives us some of his views on the experiment and the use of the available equipment.

Professor Lee is still keen on the use of television in education even though the experiment failed. He still uses as much television as possible and encourages students to make videotapes or films instead of writing essays or doing purely literate assignments. He believes in the use of such aids extensively. Only about five percent of his students prefer to use videotape or film.

He himself was not at the College when the program was first initiated but came in the middle years of its incorporation. Professor Lee does not believe that lectures are necessary at all, let alone on a videotape or film, especially if the teacher is a bad television personality. Professor Lee feels that the program, as originally planned, was useless and would still be useless if incorporated today. However the proper use of videotape and film could be extremely beneficial.

McGill is presently using a videotape method, different from the one we originally had, to teach the Introduction to Psychology course. The student in this case has a greater control over the lectures. The medical science division downtown uses videotape extensively to illustrate several operations etc.

Most of the professors initiated in Scarborough television program are still here harbouring a resentment towards the use of audio-visual aids in teaching. Unfortunately the resentment acquired by the faculty at the time of the experiment has been projected onto the whole nation of teaching through the media. The last videotaped course was given last year in Biology B14. Most of the videotapes have been put in storage.

If used properly videotapes

can reveal the subject quite well. One professor taught the Victorian novel through videotapes of old pictures and or clippings he got from England. It was an extremely interesting set of tapes. Apparently you can make pictures or photos appear to move on videotape or film. One professor used animated cartoons to illustrate the 'totem structure' in an anthropology course. Good productions were few, only about five to ten percent of all the productions made were really good. Too many were motionless and boring. Another advantage to the use of the aids is to supplement course material. This, according to Professor Lee, is the greatest advantage and should be used more extensively. One could videotape special programs relevant to the course and play it back at a later date.

Most of the equipment was sold. The College took a great loss. Now only a few professors use the available equipment or any form of audio-visual aid. The trauma of the experiment has caused a negative attitude to arise whereby television has become taboo.

There was also a shift in student emphasis in the 60's. They were interested in what was relevant to the 'real' world but in the 70's they are interested primarily in textbooks, course requirements and marks. The first experiment was a waste of time and money in the sense that the students needs were not fulfilled and it left the faculty with this negative attitude. The use of the equipment can, and should be, incorporated perhaps in differing methods. The downtown audio-visual media is rapidly expanding while we have decreased the use of ours to almost nothing.

Why not benefit from our failures and learn to use better methods with the equipment we have?

Learning Environment at SC is "deficient", says O'Donohue

By John O'Donohue

I wish to take this opportunity to explain briefly the recent growth pattern at Scarborough College and the resulting effect this growth has had upon the College.

The College has experienced massive growth last year as well as this year. There was a net student increase of 27 percent in 1973-74 and another 27 percent increase in 1974-75. Due to this phenomenon there is desperate need to construct the proposed phase three, the plans which have been submitted to the Ontario Ministry of Colleges and Universities.

Some present areas of the College have been built to accommodate 5,000 students. There is adequate recreation, dining room, and power plant facilities for this number of students, but students are presently forced to study in corridors and in the cafeterias. This serious disparity can only be solved by constructing the library and study facilities that are incorporated in the phase three plan.

The present library is located in a confined area that was never intended to be permanent.

It is equipped to service 2,400 students and the present full-time equivalent student population is 3,500.

Universities are expected to provide study carrel areas to accommodate 25 percent of the enrolled student body at any one time. At Scarborough there is study carrel area for 12 percent of the student body.

I believe this committee will be interested to know that the student-staff ratio at Scarborough College is higher than the rest of the province.

In a recent article to the Toronto Star, Mr. A.C. Auld, Ontario Minister of Colleges and Universities stated that the 1973-74 student-staff ratio in the Ontario University system was 13.7 to 1. However, Scarborough's student-staff ratio was 19.8 to 1. This year it has climbed to 22.9, a growth of 3 points rather than Mr. Auld's province wide conjecture of 1 point.

At Scarborough there is in general a very sincere effort made by the faculty to present lectures in an effective manner, provide tutorials that are enlightening, and extra office hours to discuss problems,

ideas, and concepts of a particularly difficult nature.

Nevertheless, the quality of teaching and learning is suffering due to the increased student-faculty ratio.

In conclusion then I must assess the learning environment at Scarborough College as deficient. I urge the Ontario Government to provide the University of Toronto with the necessary funds to hire sufficient teaching staff, and to construct phase three in order to create adequate library and study area at Scarborough College.

This speech was presented to THE COUNCIL ON UNIVERSITY AFFAIRS by John O'Donohue, President of the Scarborough College Student Council on December 20th, 1974. Also speaking were C.M. Harding, Chairman — Governing Council of the University of Toronto, Doctor J.R. Evans — President — University of Toronto, P. Robinson — Principal of Erindale College, C. Hanly and J. Lewis, members of the administrative staff of the University of Toronto.

French Canada Week

Kathy Babyn, President of L'Union des Etudiants de Francais of Scarborough College, is happy to announce that, in cooperation with La Chesse Galerie, Toronto, a government sponsored organization to promote French culture in Ontario, L'Union des Etudiants de Francais, is planning a French Canada Week — January 27th thru January 31.

The programme includes craft workshops which include pottery, weaving, enamelling, etc. A display of the work of Jean J. Bourgault, foremost Canadian wood-sculptor from the artisan centre of St. Jean Port Joli, Quebec and Mr. Bourgault will also demonstrate this age-old traditional craft. Highlights of the week will be "Bal Populaire" — Tuesday evening January 28 — an evening of French-Canadian folk dancing and on Wednesday evening January 29 — the popular Quebecois singers, "Les Seguin" in concert.

The programme for each day in FRENCH-CANADA WEEK will commence at 10:00 a.m. through to 4:00 p.m.

Biography of Jean Julien Bourgault

By Florence Dennison-Broad

Jean J. Bourgault was born in the small village of St. Jean-Port-Joli on June 24, 1910. He started his career as a navigator and later turned to carpentry work in Quebec City. He eventually returned to his native village to join with his brother Medard who was, at that time, already established in the art of wood sculpting.

Jean J. Bourgault's wood carvings are world-renowned. Rothman's Company of Pall Mall Canada Limited presented a showing this past summer (1974) of the wood sculptors of St. Jean-Port-Joli. The exhibition was entitled: "Association des Artisans St. Jean-Port-Joli Inc." and will be seen throughout Canada, the United States and Europe.

During "French-Canada Week" at Scarborough College,

January 27th to 31st, Mr. Bourgault will be at Scarborough College on Friday, January 31st demonstrating this age-old craft and will have a display of many of his works.



Jean Julien Bourgault

French Club During Winter Carnival

Monday, January 27

10:00 a.m. to 4:00 p.m.
CRAFT WORKSHOPS — (Enamel, Pottery Weaving) French-Canadians at the loom, potter's wheel, etc. An important and interesting part of French-Canadian culture

Tuesday, January 28

10:00 a.m. to 4:00 p.m.
MADAM FRANCOISE GAUDET-SMET — French-Canadian authoress Book and Record Exhibition

Evening, 8:30 p.m.

BAL POPULAIRE — FOLK DANCING

Wednesday, January 29

10:00 a.m. to 4:00 p.m.
Film Festival — O.N.F.

Evening, 8:30 p.m.

LES SEGUIN — Well-known French-Canadian singers

Thursday, January 30

10:00 a.m. to 4:00 p.m.
CHILDREN'S DAY — Workshops directed to elementary school children in particular Marionnettes, and various other forms of creativity.

SPECIAL CHILDREN'S FILM

Friday, January 31

10:00 a.m. to 4:00 p.m.
JEAN J. BOURGAULT, French-Canada's foremost wood sculptor from the Artisan Centre, St. Jean Port Joli, Que., will have his work on display as well as demonstrating this age-old traditional craft.

MADAME FRANCOISE GAUDET-SMET, French-Canadian Authoress and her husband a painter and sculptor

At this exhibition it will be possible to place orders or make purchases.

INDEPENDENT STUDY COURSE

There is an exciting course which is available to part-time undergraduates.

The course, at Woodsworth College, is INI 213 — Independent Study (Part 1). According to the course description "students enrolled in this course are invited to explore, either individually or in groups, topics of their own choice, and to design their own projects."

Imagine being allowed to choose and design your own individual project! (You must confirm your programme with a

firm proposal for a project with your Resource Person before the end of registration).

After the initial meeting, the students meet individually with their Resource Persons once every few weeks. (There are no classes as such if you choose an individual project).

The marking scheme is strictly pass/fail. While no final grade will be given, special letters with written appraisal of your work can be requested.

Keep this course in mind for next year. It sounds very exciting.

OPINION

Scarborough

College

Speaks

Out

on the

Bookstore

Problem

The bookstore supply at Scarborough College may leave something to be desired. The prices we pay may be reasonable or unreasonable. Do you have problems obtaining the books needed in a course at our bookstore? Are the prices of these books reasonable? The students comment:

By

Beverley

Tate



BOB GARDNER, 2nd Year.
(member of the Bookstore Users Sub-Committee).

The supply problem is not entirely the fault of the bookstore. The publishers have had the worst year ever, several problems have arisen for the publishers. To rectify the situation the professors will be asked to submit booklists in Feb. so that books will be ordered far enough in advance to ensure delivery. The Bookstore Users Sub-committee, is also looking into the possibility of attaining an air conditioning unit and of expanding the bookstore space. The bookstore staff and the members of the college are trying to rectify bookstore problems. This has been the worst year.

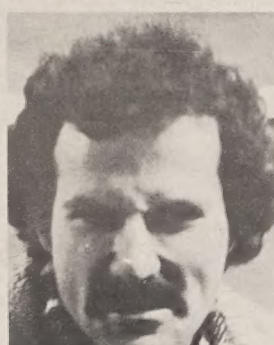
No comment on prices.



DAVE WATKINSON, 1st Year

The bookstore is useless. You cannot get what you want or need. The downtown bookstore does not usually have the required books on our courses because they are not required for courses there, consequently they direct you back to Scarborough's bookstore. Last term I took a course where the books were not available in the bookstore and only about one or two copies were in the library. What do you do?

No comment on prices. Cannot compare but I do feel that they are fairly reasonable.



LARRY SADLER, 4th Year

No books are available in the bookstore for almost all of my courses. I feel that the staff is not doing an adequate job. The bookstore reminds me of a chicken coop with about five chickens running around with their heads cut off. If they were truly human I would recognize their mistakes and they would not hold this opinion against me.

I do not really know that much about their prices but I feel that there is a considerable mark up which can be rationally explained and is therefore accepted. The books in a majority of cases can be obtained for a more reasonable price downtown.



CHARMAINE HENNIG, 4th Year

Sometimes there is an adequate supply and sometimes there is not. The bookstore does not always order enough copies or perhaps it is the professors who do not. There are many instances where I have had to go downtown where the supply is usually better.

The bookstore prices are too high. The reason I say this is because for some courses you may need three or four different books, some of which cost up to \$15.00 and you may only use a few chapters from each book. There are usually not enough copies available in the library. They should, if at all possible, lower the prices.



CLAUDIA SINCLAIR, 4th Year

No, there is not an adequate supply of books in the bookstore. Their paper and other such supplies are adequate. But the books required for courses are not there, are there too late or are not there at all. I have never used the downtown bookstore so I do not know if they are any better.

The prices I feel are fair and they could not charge any less. They seem to have about the same prices as other comparable bookstores.



BRUCE EDWARDS, 2nd Year

There seems to be an adequate supply this term I think it is because of all the complaints last term. I was one of the few who got all my books at the bookstore. If there are not enough copies it must be the professors fault in most cases.

I think they are trying to send all the students into bankruptcy. It seems to me that they could give students a better deal than they do. I just bought two books that cost about \$25.00 and I will probably only need them for a two or three chapters.



CHRIS CHURCHILL, 3rd Year

I worked at McGraw-Hill, so I know some of the problems the publishers have. From what I gather the professors often have a problem submitting orders. For instance, I know of one professor whose order was lost by the bookstore and he had to reorder. I do sympathize slightly with the bookstore because of the publishers' problems but I also feel that the bookstore is poorly managed.

The prices are all fairly close to list prices. I think their prices are reasonable.



JOHN MASON, 1st Year

The main problem I found is that the books are late arriving. The staff in the bookstore said it takes longer to get books from Toronto publishers than it does to get books from another country. Often I have to go downtown and buy the books then they arrive here late. The bookstore cannot benefit from this. The registrar does not know how many people will be in a course. If a professor orders 40 books the bookstore usually orders less (25-30 books) then there are not enough books.

TYPING ROOM

Room S-303-G

(Right of the Residence Office)

AVAILABLE TO ALL MEMBERS
OF THE COLLEGE

If door is locked, check at the SCSC Office
or at the Reception Desk

UNIVERSITY OF TORONTO

HORSE RIDING ACADEMY

OPEN TUESDAY — SUNDAY

9 a.m. - 8 p.m.

RIDING \$3.00 per hour

LESSONS \$4.00 per hour

For Information and Reservations: 282-5309

Sponsored by the Scarborough College Students Council
and the University of Toronto Students Administrative Council

ENTERTAINMENT

The Rivals at St. Lawrence Centre It's Full of Old Comedy Style Love Affairs

By Gail Mercer
and Kathy Sanderson

For those of you who were too busy filling up on Xmas cheer over the holidays, Balcony Square is providing you with a brief review on some of the more cultural aspects of the season that you may have missed out on.

The Rivals, which played at the St. Lawrence centre over the far too short Xmas break, is reminiscent of the old comedy style of dual identities and tangled love affairs. The plot is extremely complex, complete with mix-ups, 'disguises' and very ironic misunderstandings.

We are introduced to two pairs of lovers, Lydia and Jack (alias Beverly) and Julia and Faulkland. Jack is desperately in love with Lydia; however, Jack is wealthy, and Lydia feels that she must marry a poor man in order to prove that her love is true. Jack therefore disguises himself as a poor man (Beverly) woos Lydia: the two fall madly in love. The plot begins to thicken when Sir Anthony (Jack's father) proposes to Mrs. Malaprop (Lydia's aunt) to arrange a marriage between the two. Lydia immediately refuses, ironically unaware that the

proposed bridegroom is really her beloved Beverly. We run into further difficulties with the second set of lovers (Julia and Faulkland). They are madly in love; however, Faulkland, who is extremely jealous, devises a plot to test Julia's love. His idea backfires, ruins their trust in one another and thus they part.

This Man Beverly

In the meantime, Sir Anthony arranges a meeting between Lydia and Jack at which time Lydia discovers Jack's alias. She is hurt by his deception, and obviously leaves him. We also have the introduction of two new characters and a further problem. Bob Acres, a close friend of Jack's, and a friend by the name of Sir Lucius, are talking. Acres admits his love for Lydia but realizes that this man Beverly is an obstacle he must overcome in order to win her hand. Sir Lucius suggests to Bob that he challenges Beverly to a duel over Lydia, an idea that Acres readily agrees to. Immediately he sets off to find Jack and to obtain his assistance in locating the stranger Beverly. Thus the plot thickens and the follies of the characters become further entangled.



Captain Jack Absolute [BARRY BOYS] pleads his suit to Lydia Languish [SARA BOTSFORD] in Richard Brinsley Sheridan's *THE RIVALS* at the St. Lawrence Centre Nov. 26 - Dec. 21. Directed by Alan Scarfe with sets by Murray Laufer, costumes by Hilary Corbett and lighting by Donald Acaster.



The wordly-wise Mrs. Malaprop [JENNIFER PHIPPS] and the irascible Sir Anthony Absolute [GERARD PARKES] discuss the upbringing of young "gels" in a scene from Richard Brinsley

Sheridan's *THE RIVALS* at the St. Lawrence Centre Nov. 26 - Dec. 21. Directed by Alan Scarfe, sets by Murray Laufer, costumes by Hilary Corbett and lighting by Donald Acaster.

The next scene opens in the home of Mrs. Malaprop with the three ladies mourning over their lost loves. (Mrs. Malaprop has secretly been writing love letters to Sir Lucius). A messenger arrives to inform the women of the duel between Bob and Beverly, and they quickly rush off to save their men.

The duel is just about to begin when the women rush in. Jack and Lydia immediately embrace. Julia and Faulkland, a little shyer, engage in some small talk. We are now faced with the meeting between Mrs. Malaprop and Sir Lucius, who are meeting for the first time. Sir Lucius is quite shocked when he sees her for he expected a

beautiful young woman. Sir Anthony however, saves the day, and steps in to provide a love-match for Mrs. Malaprop. The play ends with both love and the truth finally seeing the light.

Language Makes the Play

Sheridan uses words in a delightfully supple way to create the flowing effect that he achieves. In this entire comedy, it is the language that makes the play what it is. The entire effect and success of it depends on the ability of the actors and actresses to master Sheridan's dialogue. The performances of most of the cast were moderately done — perhaps they were thrown by the old English which seems to provide

people with a tendency to overact — however, the role of Mrs. Malaprop (played by Jennifer Phipps) was handled with a professional ability that seemed to be missing in the others.

The scenery was both elaborate and effective. Set designer, Murray Laufer used eight scene changes which beautifully recreated 18th century England for us.

The costuming was equally as effective and colourful, and, coupled with the scenery and the dialogue, effected a realistic mood upon the audience.

So for any of you who want to know about plays you should've seen but didn't, keep your eye on Balcony Square, the paper with the late, but great, play reviews.

Art Exhibit in the Meeting Place

The dazzling colours of Earla Alexander's paintings give a special vitality to Scarborough College's Meeting Place. The grey concrete walls are jolted from their January dreariness with thoughts of spring, earth and life.

Earla Alexander, who has been on the staff of the National Gallery in Ottawa and head of the art department of Etobicoke Collegiate, is a quiet, reserved woman. Her art is large and bold (several of her paintings are 48 x 96 inches). She explores the world of colour using a variety of instruments including brush, squeegee and sponge to produce the shapes and textures she desires.

Also exhibited are several metal sculptures which nicely complement the acrylic paintings.

The exhibit will be at the College until January 27 in the Meeting Place.

OPEN MIKE
- free sound
system
- open to any
folk interested
12 - 2 p.m. daily
IN THE PUB

Tutor in French
Experienced
Ask For
Rochelle
751-6629

EARLA ALEXANDER PAINTINGS



Meet Lenny Sage:

THAT'S THEATRE



Balcony Square Cartoonist

1-up

Barry Lord, a previous editor of *artscanada*, an art critic for the *Toronto Star*, and author of one of the most discussed art books of 1974, *The History of Painting in Canada: Towards a People's Art*, will be speaking at Scarborough College on Tuesday, January 21 at 8 p.m. in room S-309 on "The Struggle for a People's Art Today".

In the introduction to his book, Mr. Lord writes that he is paying special attention to artists who go beyond describing the plight of people and use their art to fight imperialism. He says, "Our rulers have kept us ignorant of our proud history, and even less informed about the history of our culture."

To look at Canadian paintings through Barry Lord's eyes is to see them from the viewpoint of an ardent nationalist to whom most of Canada's art reflects a bourgeoisie, colonial culture.

Professor Lorie Tarshis, Chairman of the Social Science Division and Professor of Economics, will speak at Scarborough College, University of Toronto on January 22, 1975 at 1:00 p.m. in room R-3103.

Professor Tarshis, prior to coming to Scarborough, taught at Stanford University where he held the rank of Professor. During his academic career he has been a Guggenheim Fellow, held two Fulbright Fellowships and a Ford Faculty Research Fellowship.

International monetary policy has been one of Professor Tarshis' major interests throughout his distinguished career. Recently he wrote "The Dollar Standard" for *Nations and Households in Economic Growth* and served as a joint editor of *International Mobility and Movement of Capital*. Professor Tarshis has been a consultant to the Official Joint Economic Committee of the U.S. Congress and has been associated with the Stanford Research Institute and the Rand Corporation.

His talk is titled "International Counterfeiting: The Euro-Dollar Market and What It Means to Canada".

On January 29, at 1 p.m., in room R-3103, Dr. John R. Evans, President of the University of Toronto, will give a talk entitled "The Financial Future of Universities in Ontario: Old Wine in Smaller Bottles."

bloody cretin" and that "I would love to shove this gavel down your throat" (Graham, however, was not quite sober at the time). No meeting can work if proper respect is not shown to the chairperson. The banging of the gavel should not have to be constantly heard throughout the meeting. Unless the chairperson is recognized as the supreme authority, the meeting will degenerate into a shambles, as it threatened to do several times on Tuesday.

The only way Council meetings are going to improve is if members stop regarding Council as a private debating society, and start considering the rights of the Chair and of other members. An intensive study of Robert's Rules of Order (under which the meetings are supposed to operate) and a bit more careful thought as to the wording of motions before they are proposed would also be in order. by Alayne McGregor (reproduced from the University of Manitoba student newspaper).

TRIAL OF PUB MANAGER? (from page 2)

not Bubba but the S.C.S.C. who is responsible for the financial losses of the Pub

The overstaffing in the pub was blamed directly upon Bubba. Nevertheless there were staff cuts during the fall. According to Heighington further staff cuts are needed; however, Heighington never informed Bubba or her superior, Bill Denault in writing of that fact. It appears no one except a few elitist members on the S.C.S.C. executive knew about the overstaffing which was causing the pub to lose money. It is not rational to hold a manager responsible for overstaffing if said manager responsible is not informed of the problem in the proper manner or by any proper authority.

Heighington accused Bubba of not submitting the October financial report, but Bubba emphatically denied the accusation. It is obvious the report was somehow misplaced. This accident does not establish grounds for dismissal of Jean Bubba.

The accusation of Jean Bubba being responsible for bank overdrafts is simply unfounded. The reason for the overdrafts was due to councils' own

mismanagement of funds. The pub was not making the profits expected plus several clubs within the College were given money out of the pub's till. As a result the cheques started to bounce. Bubba is not allowed to, or responsible for, the issuing of cheques, and obviously she cannot be held responsible for the bank overdrafts.

There were also several liabilities assessed to the pub. The most outstanding was the purchase and later the repair of a colour T.V. totalling nearly \$1,000, which shortly after its purchase was broken. However, if the S.C.S.C. had taken the time to insure the T.V. as anyone else in business would have done, this cost would never have been incurred. In other words, Bubba is being blamed for S.C.S.C.'s negligence.

The mismanagement charges against Bubba were totally unfounded. Jean Bubba's responsibilities were not to make the pub a financial success but merely to act as a nursemaid, by making sure the Pub would stay open and provide an inexpensive Pub for Scarborough College students.

Ralph Leigh

GRAD PHOTOS

All Graduate Students are urgently requested to make an immediate appointment in the S.C.S.C. office for the taking of grad photos and the composite.

The photographer will be in the College until Friday, January 24. The appointments will be for ten minutes in length. Appointments will start at 10:00 sharp.

If you are unable to be photographed at this time, the photos will be taken the week of the 26th of January in the offices of Ashley and Crippen, 73 Yorkville Avenue, Toronto. You must phone 925-2222 to insure an appointment.

Gentlemen are requested to wear a white shirt and tie. Ladies are requested to wear a white blouse or turtleneck.

SCARBOROUGH FAIR

will require an editor(s) and a staff for the 1975-76 edition, as of June 1, 1975.

All applications and enquiries should be made in writing to:

Bob Gardner
Care of SCSC
Rm. S-302B
1265 Military Trail
West Hill, Ont.

A good working knowledge of English is a must. No editorial experience is required.

ENGLISH AS A SECOND LANGUAGE COURSES

FOR STUDENTS OF THE UNIVERSITY OF TORONTO

Courses will be offered for either two or four hours per week until April 4, 1975.

This programme is funded by the School of Continuing Studies and no additional tuition fee will be charged.

Enrolment will be limited to fifteen students per class in the four hour courses and ten students in the two hour courses.

ESL/UT/O — Oral Production Course

This course is designed to increase fluency in a variety of speaking situations, concentrating on formal and technical presentations and reports. It is also intended to increase aural comprehension, particularly in a lecture situation. Pronunciation practice will be provided when necessary.

ESL/UT/W — Writing Skills Course

This course is designed to increase facility in expository writing, including reports and essays. It will concentrate on organization, grammatical structure and logical development.

ESL/UT/AW — Advanced Writing Course

This course is designed to increase facility in expository writing at an advanced level. It will concentrate on organization, logical development and style.

For information and application forms contact:

THE SCHOOL OF CONTINUING STUDIES
119 St. George Street
Telephone: 928-2400

University of Manitoba Council Meetings

Halfway through Tuesday night's UMSU Council meeting, Paul Graham rose to his feet and shouted "I have never been so ashamed of Council in my life."

Graham's accusations of "juvenile behaviour" were not unfounded. Of the eight issues brought up before Council on Tuesday, three — that Council not fill External Affairs this year, that UMSU support the students in Tache Hall in their effort to get better living conditions, and that Council ratify Bob Setters and Robert Syme to the University Centre Commission — passed almost without comment. One would not consider these totally unimportant issues.

However, the discussion of the other five was choked with motions being made and then withdrawn, motions being defeated and then springing up again in barely modified form, countless amendments being proposed to each motion, and the total cacophony of several people trying to express their views at the same time. Pity the poor reporter not even discovering what exactly is being discussed, let alone what the opposing views are.

In addition, the discussions often seemed more concerned with personalities than with the actual issues. The question of whether a person is a "good guy" or a "bad guy" really has

nothing to do with his/her competence.

As well, the confused nature of the proceedings gives too much power to the Communications Commissioner, who writes the final minutes. It is very easy, if (s)he should forget something or misinterpret his/her notes, to make a mistake that could be crucial. With the people confused as to what actually did happen and thus unwilling to challenge the minutes when they are read out at the next meeting, it wouldn't be hard for this to happen.

As far as I could see, about a third of the Council members present did almost all of the talking at Thursday's meeting. This is nothing unusual. In fact, there seems to be a vicious circle — the ones who speak up find they like speaking up and do it even more and the others either are too scared, or find that someone else has asked their question by the time they are given the floor or else are simply not recognized by the chair before debate is cut off on a motion. If Council is to be a truly representative and workable body, it must have input from all its members, not just the outspoken few.

One particularly noticeable feature of the meeting was the disrespect shown to Bob Setters as chairman, culminating in Graham's unfortunate remarks that he thought Setters was "a

SPORTS

Canadians are in bad shape

Physical Fitness : Who Needs It?

By Jim Mahony

These days we hear a lot about physical fitness. Everyone keeps telling us we should get in shape. Why? What is physical fitness? How do you get physically fit? And, why should we get physically fit? These are some of the questions to be considered in this article.

For years fitness was thought of in terms of strength, speed, agility, flexibility and endurance. It is only in the last few years that the emphasis has been placed where it belongs, on endurance. Today, thanks to Dr. Kenneth Cooper and his Aerobics program, physical educators believe that cardiovascular fitness and endurance is the key to being fit. What do the words cardiovascular endurance, vital capacity and oxygen utilization have to do with fitness?

Did you know that 77,000 Canadians die each year from heart attacks and related heart diseases? This is about four times the number that die of cancer and about six times the number of accidental fatalities. Do you remember that line that the average 60-year old Swede is in better shape than the 30-year old Canadian? Well, don't laugh, it's true! Did you know that Canadians spend 85 percent of their leisure time in non-physical activity? That's right, most Canadians spend on the average of 25 hours each week watching television (that's only 3-4 hrs. a day) and less than one hour in physical activity.

And 78.6 percent of Canadians from the age of 14 up devote less than one hour per week of their leisure time to any kind of physical activity. It is estimated

that the loss to our economy due to just one aspect of unfitness (cardiovascular diseases) alone is 1.7 billion dollars annually. Also Canada spends more of its gross national product on health than any other Western country (5.2 percent in 1969). We spend 7 billion dollars a year to cure people after they get sick. Why not spend some of that on prevention? At the elementary school level Canada devotes less time to physical fitness than ANY other country in the world. Canadian fitness actually does begin to decrease after the age of six.

The cardiovascular system (heart and all the blood vessels) is of utmost importance since it is responsible for supplying nutrients and removing waste products. Oxygen in many ways is the most important nutrient since it is a requirement for cells to produce energy and also to remove waste materials such as lactic acid which accumulates after short bursts of extreme physical exertion. Fitness should then be thought of in terms of the ability to supply oxygen to the tissues during vigorous exercise. When a muscle is being worked very hard and stops getting oxygen it shuts down (cramps due to lactic acid accumulation). Thus physical fitness can be measured in terms of oxygen utilization. Cardiac output (volume of blood pumped with each contraction of the heart) and cardiovascular efficiency (oxygen utilization) are therefore the key ideas for physical fitness.

Vigorous exercise actually increases the number and size of blood vessels in the body as well as strengthening the heart so

that it can pump a larger volume of oxygen-rich blood with each contraction. The resting heart beat will decrease somewhat with conditioning so that a fit person may have a heart rate 20 beats per minute slower than an unfit person, saving as many as 10,000 beats in a single night's sleep. It stands to reason that a heart which has to work less will last longer. A good indicator of fitness is how fast the heart can return to its resting rate after a vigorous workout. A "conditioned" heart will drop to

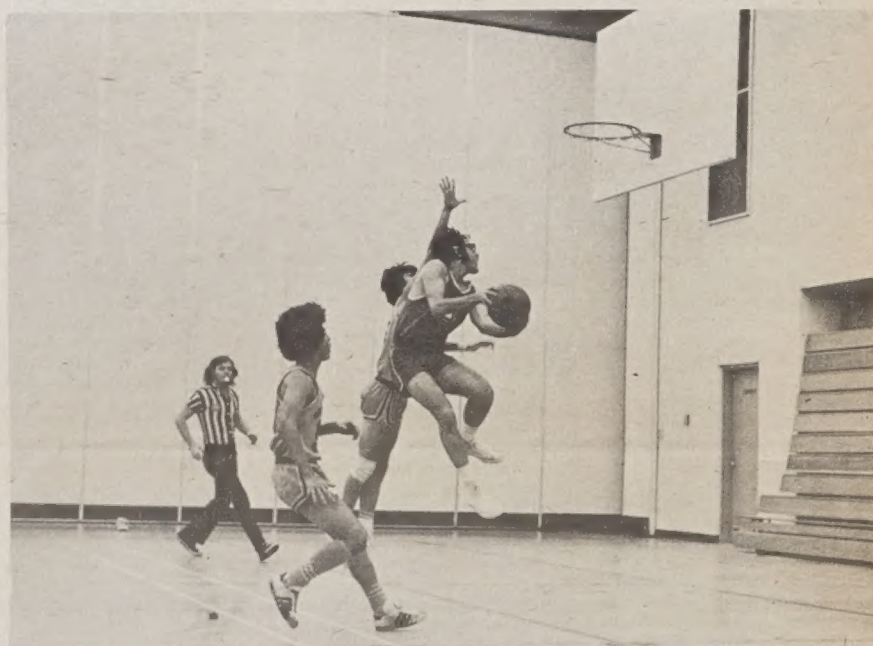
its "normal" rate much faster (10-20 min) than an "unfit" heart (40-60 min).

Exercise will also decrease blood levels of cholesterol and other fatty substances thus decreasing the chance of atherosclerosis (accumulation of fatty substances and calcium deposits in blood vessels causing constriction and decreased elasticity). Atherosclerosis and arteriosclerosis both put tremendous strain on the heart which is forced to pump several times faster. The resultant

elevated blood pressure can cause other fatal cardiovascular diseases.

The choice is yours! If you're out of shape your chances of having a heart attack may be three to four times higher than those who have developed cardiovascular fitness. And if you're inactive now, what will you be like in 10 to 20 years. THINK ABOUT IT!

In the next issue of Balcony Square we will tell you how to get fit, keep fit and have fun while doing it.



UC player drives in for a layup against Scarborough in interfaculty play. He's in shape!
[photo by Jim Mahony]

Stan Bohonek Wins Another Championship

For the second year in a row, Stan Bohonek, a second year science student at Scarborough College has won the Eastern Canadian Championships. This championship win comes hot on the heels of his recent win at the Central Ontario Championships held in December.

The competition this year was held Sunday, January 12 at the Oshawa Arena with some 3-4,000 spectators in attendance. Stan, who skates mainly to classical music, defeated Kenny Polk and Kevin Robertson by giving an outstanding 5 minute free-skating performance. Stan, skating before 40-50 college supporters gave a brilliant performance which included a triple salchow jump and many jump combinations. Where 6.0 is the highest mark awarded for a perfect performance, Stan was gratified to receive two marks of 5.9 from the judges.

After the performance the capacity crowd gave Stan a standing ovation and later after giving an exhibition performance, he was showered with flowers. Stan's performance was most remarkable in lieu of the fact that 10 days prior to the competition he pulled an ankle

ligament and was unable to practice for several days.

Stan is now preparing for the



Canadian Figure Skating Championship which will be held January 28 to February 1 in

Quebec City. Last year, he placed fourth overall behind such notables as Toller Cranston and Ron Shaver. The top three

men finishers at this year's championship will represent Canada at the World Figure

Mahony's Sports Roundup

In interfaculty competition our hockey teams continue to show the way. In Division I, the Scarborough team with 11 points is trailing Vic I by only a single point. Close behind in third is Dent A with 10 points. The team has chalked up a 5-4-1 won, loss and tie record. In Division II, Scar II is tied with Pharm A for the lead with 13 points. UC II is a close third with 10 points.

In interfaculty volleyball our Division II team has a 5-1 win-loss record but trails Eng III, Dev Hs and Dent B who have played 2 more games and have identical 7 and 1 records. In division I Scar I is scrambling for a playoff berth with a dismal 2 and 5 record.

The college basketball team is not having a good season. In a six team Division it ranks fifth with a 1-4 record.

The schedule for this week's

games are as follows. In basketball Scar plays New I Mon. Jan. 20 at 7 pm in the Scarborough gym. The volleyball team faces Vic I Wed. Jan. 22 at 7 pm in the Hart House gym. The water polo team squares off with Knox Thur. Jan. 23 at 7:30 pm (Hart House). In hockey Scar I takes on Mgt Stud Tues. Jan. 21 at 9 pm, Scar I takes on Sr Eng Wed. Jan. 22 at 10:30 pm, and Scar IV faces off against Campus Co-op Fri. Jan. 24 at 5 pm.

In women's sports, Scarborough College is hosting the second of three round-robin volleyball tournaments on Wed. Jan. 22. This is an intercampus competition with Scarborough facing teams from Erindale and St. George. The first tournament was held Wed. Jan. 15 at Erindale (see next issue for the results).

Skating Championship in March.

I asked Stan how he feels when he gets a standing ovation and the type of reception he got in Oshawa.

Stan said, "It's a nice feeling; when I know people are enjoying my performance I feel the best."

Last October Stan skated in an international competition called "Skate Canada '74". With twelve nations represented Stan placed 8th overall in the men's competition.

We at the college wish Stan the best of luck at the Canadian Figure Skating Championship in Quebec City.